

Restoration and Purification

— One Day Lay Precepts —

“Buddha’s Guide to the Disciplines of Mankind”

Refuge and Enlightenment Thought

Sang gye Chod'ang Ts'og Kyi Ch'og nam la/
J'ang ch'ub B'ar D'u Dag ni Kyab su ch'i/
Dag g'i Jin sog Gyi pei So nam kyi/
Dro la Phen sh'ir Sang gye 'Drub par shog/



In the Buddha, Dharma and Sangha, I take refuge until enlightenment is won;
by the merits of giving and other virtuous deeds; may I attain Buddhahood
for the sake of all beings.

(Recite three times.)

Innvocation

(In the space in front of oneself is one's teacher, the exalted Avalokitesvara, surrounded by the principal and lineage masters, peaceful and wrathful tutelary deities, Buddhas, Bodhisattvas, exalted sravakas and pratyekabuddhas, dakas, dharma guardians and protectors.)

Mandala Offering

This is the ground anointed by scented waters, bestrewn with flowers, beautified by sumeru, four continents, the sun and moon. By directing this offering to the realm of the Buddhas, may all beings dwell in the pure lands.

Om Guru Buddha Bodhisattva
Saparivara Mandala Puja Megha Samudra Spharana Samaya Hum!

Confession

(Kneeling on your right knee and folding your hands at the heart:)

May all the great Vajradhara masters along
with all the Buddhas, and Bodhisattvas in the
ten directions take heed of me!

I, who am called.....(*your name*)... from beginningless lifetimes to the present, through the power of defilements such as desire, hatred, and ignorance have committed, through body, voice and mind, the sins of the ten nonvirtuous acts, and five boundless evils and five nearboundless evils, have transgressed vows of individual liberation, have

transgressed trainings of the Bodhisattvas, have transgressed the pledges of the secret mantra, have disrespected the Triple Gem, have disrespected the father and mother, have disrespected abbots and the teachers, have disrespected the spiritual friends observing celibate vows, have forsaken the holy Dharmas, have utilized sale of holy scriptures, and have blamed the exalted Sangha, and the other acts that hinder to obtain the states of higher rebirth and liberation, and all the flaws and downfalls that have become the causes for cyclic existence and lower states of rebirth, those acts that are committed by me, asked other to do, or have rejoiced that are done by other, I reveal and confess in the presence of the vajradhara master along with all the Buddhas and bodhisattvas in the ten directions.

I will abide by the vows thereafter.

(Recite 3 times.)

The Precepts

Take heed of me all the Buddhas and bodhisattvas in the ten directions,
the blessed king of Sakyas, and the exalted Avalokitesvara!

Just as previously blessed tathagatas, arhatas, and perfectly and fully enlightened Buddhas who are like the all-knowing horse and great elephant, those who have accomplished one's works and who do the works of others, who have left the load, who have gained one's purposes, whose samsaric afflictions have been exhausted, who have perfect speech, perfectly liberation mind, and perfectly liberated wisdom, who for the sake of all beings, in order to benefit them, in order to liberate them, in order to free them from famine, in order to free them from illness, in order to accomplish the enlightened aspects of Dharma and in order to realize the unsurpassable, perfectly and fully enlightened state, performed the restoration and purification; so I, too, who am called by this name...*(your name)*... for the sake of all beings, in order to benefit the, in order to liberate them, in order to free them from famine, in order to free them from illness, in order to accomplish the enlightened aspects of Dharma and in order to realize the unsurpassable, perfectly and fully enlightened state, will properly take the vow of the restoration and purification, beginning from this time until the sun arises tomorrow.

(Recite 3 times.)

From now on I will neither take life, nor take away by stealth the wealth of other, engage in sexual acts, or say untruthful words. I will completely abandon alcohol which causes many faults. I will not use high and wide seats and mattresses; likewise I will abandon untimely foods, perfumes, garlands, ornaments, dances and song, and the like.

Just as the Arhatas never take life and so on, likewise, I abandon taking life and so on. May I quickly attain the state of excellent enlightenment. May beings who are tortured by various sufferings be freed from the ocean of worldly existence.

(Recite 3 times.)

Recitation of the Dharani of Pure Moral Conduct

OM AMOGHASILA SAMBHARA SAMBHARA BHARA BHARA
MAHASUDDHASATTVA PADMA VIBHUSITA BHUJA DHARA DHAR
SAMANTA AVALOKITE HUM PHAT SVAHA!

OM HRIH TRAILOKYA VIJAYA AMOGHAPASA APRATIHATA
HRIH HAH HUM PHAT SVAHA!

(Recite each mantra 21 times)

Dedication

May all beings accomplish within their minds the accumulation of moral disciplines, concentrative meditation, transcendental wisdom, perfect emancipation, and perception of the wisdom of perfect emancipation.

(Dissolve the field of merit to oneself.)

May I possess pure moral conduct, the moral conduct free from flaws.
May I perfect moral conduct, the moral conduct free of pride.

May I train along with all the Victorious Ones and accomplish the noble conduct.
May I always dwell in the pure and immaculate moral conduct,
free of flaws and downfalls.

Sojong Dates 2005:

February 9	Chotrul Dawa Starting from Losar for the first 15 days of the month, Buddha performed miracles to increase the merit and aid the devotion of his disciples.	July 10	Chokhor Day After his enlightenment, Buddha turned the Wheel of Dharma for the first time, teaching the four noble truths in Varanasi.
May 23	Vesak Day This day is observed at the 2546th anniversary of the birth, enlightenment, and mahaparinirvana of the Buddha.	November 23	Lhabab Day Buddha descended from heaven after meeting with his mother who had been reborn there.